

FRESUBIN® YOCRÈME



DESCRIPTION

Fresubin® YOcrème is a thickened/spoonable oral nutritional supplement consisting of protein (milk) vegetable oils (rapeseed oil, sunflower oil), carbohydrates (saccharose, maltodextrin, lactose, starch), vitamins, minerals and trace elements.

PRESENTATION

Fresubin® YOcrème is a nutritionally complete with 1.5kcal/g energy density, with 9.4g protein per 125g (20% energy), spoonable oral nutritional supplement. IDDSI* Level 4 (extremely thick). Contains 300 mg calcium and 4.75 µg vitamin D per 125g cup. Contains lactose. Gluten free. Suitable as a sole source of nutrition.

Fresubin® YOcrème is ready to use in a 125g pot. Available in 4 flavours: Lemon, Apricot-Peach, Raspberry and Biscuit.

* IDDSI - International Dysphagia Diet Standardisation Initiative, www.iddsi.org

CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE FOR CHILDREN UNDER THREE YEARS OF AGE

PRECAUTIONS

TO BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION IN CHILDREN UNDER 6 YEARS

INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition, in particular for patients with increased energy and protein, calcium and vitamin D needs e.g. frailty including dysphagia.

Food for Special Medical Purposes.

Prescribable on FPIO/GPIO for the following indications: Dietary management of patients with or at risk of malnutrition in particular with increased energy or protein needs or dysphagia.

DOUSAGE

Dosage to be determined by a healthcare professional according to the patients' needs. Recommendation for supplementary nutrition 4 cups /day or complete nutrition 8 cups /day which meets the average adult recommended daily requirements for vitamins, minerals and trace elements.**

**For nutrients excluding vitamin D: Dietary Reference values for Food, Energy and Nutrients for the United Kingdom, Department of Health 1991. For vitamin D: Scientific Advisory Committee in Nutrition, Vitamin D and Health 2016. For energy: Scientific Advisory Committee on Nutrition, Dietary Reference Values for Energy, TSO London, 2011

STORAGE

Store at room temperature,

Once opened, refrigerate and use within 24 hours

Best served chilled.

Stir gently before use

PACK SIZE

4 x 125g pots.

SHELF LIFE

12 months.

ENERGY DISTRIBUTION

Protein 20%

Fat 28%

Carbohydrate 51.5%

Fibre 0.5%

ORDER CODES

Lemon 7434701

Raspberry 7436701

Apricot-Peach 7296701

Biscuit 7298701

INGREDIENTS

Lemon

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils (sunflower oil, rapeseed oil), modified starch, acidity regulator (E 270), calcium lactate, thickener (E 440), maltodextrin, flavourings, emulsifiers (soya lecithins, E 471), choline bitartrate, vitamin C, sodium chloride, ferric diphosphate, zinc sulphate, magnesium oxide, vitamin E, pantothenic acid, manganese chloride, niacin, cupric sulphate, vitamin B₆, thiamin, riboflavin, vitamin A, sodium fluoride, folic acid, chromium chloride, potassium iodide, sodium selenite, vitamin K, biotin, sodium molybdate, vitamin D, vitamin B₁₂.

Raspberry

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils (sunflower oil, rapeseed oil), modified starch, acidity regulator (E 270), calcium lactate, thickener (E 440), maltodextrin, emulsifiers (soya lecithins, E 471), flavourings, colour (E 120) choline bitartrate, vitamin C, sodium chloride, ferric diphosphate, zinc sulphate, magnesium oxide, vitamin E, pantothenic acid, manganese chloride, niacin, cupric sulphate, vitamin B₆, thiamin, riboflavin, vitamin A, sodium fluoride, folic acid, chromium chloride, potassium iodide, sodium selenite, vitamin K, biotin, sodium molybdate, vitamin D, vitamin B₁₂.

Apricot-Peach

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils (rapeseed oil, sunflower oil), modified starch, acidity regulator (E 270), calcium lactate, thickener (E 440), maltodextrin, flavourings, emulsifiers (E 471, soya lecithins), paprika extract, choline bitartrate, vitamin C, sodium chloride, ferric diphosphate, zinc sulphate, magnesium oxide, vitamin E, pantothenic acid, manganese chloride, niacin, cupric sulphate, vitamin B₆, thiamin, riboflavin, vitamin A, sodium fluoride, folic acid, chromium chloride, potassium iodide, sodium selenite, vitamin K, biotin, sodium molybdate, vitamin D, vitamin B₁₂.

Biscuit

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils (sunflower oil, rapeseed oil), modified starch, acidity regulator (E 270), calcium lactate, flavourings, thickener (E 440), maltodextrin, emulsifiers (soya lecithins, E 471), choline bitartrate, vitamin C, colour (E 150d) sodium chloride, ferric diphosphate, zinc sulphate, magnesium oxide, vitamin E, pantothenic acid, manganese chloride, niacin, cupric sulphate, vitamin B₆, thiamin, riboflavin, vitamin A, sodium fluoride, folic acid, chromium chloride, potassium iodide, sodium selenite, vitamin K, biotin, sodium molybdate, vitamin D, vitamin B₁₂.

Date of Preparation:

November 2024

GB-FreONS-2400097

NUTRITIONAL COMPOSITION	Per 100g	Per 125g
ENERGY kcal (kJ)	150 (630)	188 (788)
PROTEIN g	7.5	9.4
CARBOHYDRATE g	19	23.8
Of which sugars g	16	20
Of which lactose g	3.1	3.9
FAT g	4.7	5.9
Of which saturated fatty acids g	0.6	0.75
Of which polyunsaturated fatty acids g	1	1.25
Of which monounsaturated fatty acids g	3.2	4
FIBRE g	0.4	0.5
SALT g	0.15	0.19
WATER ml	64	80

MINERALS AND TRACE ELEMENTS	Per 100g	Per 125g
SODIUM mg (mmol)	60 (2.6)	75 (3.2)
POTASSIUM mg (mmol)	165 (4.2)	206 (5.3)
CHLORIDE mg (mmol)	85 (2.4)	106 (3)
CALCIUM mg (mmol)	240 (6)	300 (7.5)
PHOSPHORUS mg (mmol)	95 (3.1)	119 (3.9)
MAGNESIUM mg (mmol)	18 (0.7)	22.5 (0.9)
IRON mg	2.5	3.1
ZINC mg	1.7	2.1
COPPER mg	0.4	0.5
MANGANESE mg	0.5	0.63
IODINE µg	37.5	46.9
CHROMIUM µg	13	16.3
MOLYBDENUM µg	19	23.8
FLUORIDE mg	0.2	0.25
SELENIUM µg	13	16.3

VITAMINS AND OTHER NUTRIENTS	Per 100g	Per 125g
VITAMIN A µgRE	150	187.5
VITAMIN D µg	3.8	4.8
VITAMIN E mgαTE	3.8	4.8
VITAMIN K µg	20	25
THIAMIN mg	0.3	0.38
RIBOFLAVIN mg	0.4	0.5
NIACIN mg	1.5mg(2.9mg NE)	1.9mg(3.6mg NE)
VITAMIN B ₆ mg	0.4	0.5
VITAMIN B ₁₂ µg	0.8	1.0
PANTOTHENIC ACID mg	1.1	1.4
BIOTIN µg	9.4	11.8
FOLIC ACID µg	62.5	78.1
VITAMIN C mg	19	23.5
CHOLINE mg	32	40

TYPICAL FATTY ACID PROFILE	g Per 100g
C6 Caproic acid	0.01
C8 Caprylic acid	0.01
C10 Capric acid	0.01
C12 Lauric acid	0.02
C14 Myristic acid	0.05
C16 Palmitic acid	0.30
C16:1 ω-7 Palmitoleic acid	0.01
C18 Stearic acid	0.15
C18:1 ω-9 Oleic acid	2.92
C18:2 ω-6 Linoleic acid	0.72
C18:3 ω-3 α-Linolenic acid	0.26
C20:3 ω-3 Eicosapentaenoic acid	0
C18:3 ω-3 Docosahexaenoic acid	0
Other ω-3 fatty acids	0

TYPICAL AMINO ACID PROFILE	g Per 100g
Histidine	0.15
Isoleucine	0.55
Leucine	0.78
Lysine	0.69
Methionine	0.19
Phenylalanine	0.27
Threonine	0.59
Tryptophan	0.09
Valine	0.54
Cysteine	0.18
Tyrosine	0.26
Glycine	0.16
Arginine	0.21
Glutamine	0.46
Proline	0.73
Aspartic acid and Asparagine	0.9
Glutamic acid	1.12
Alanine	0.40
Serine	0.46

TYPICAL CARBOHYDRATE PROFILE	g Per 100g
Glucose	0.69
Fructose	0
Maltose	0.01
Saccharose	12.2
Lactose	3.09#
Oligo-/polysaccharides	1.21
Starch	2.10

analysed value